

## Parks & Recreation Programs & Special Events

The City of Webster Groves offers a number of programs, activities, classes, and special events through the Department of Parks & Recreation.

### Hours of Operation

Monday – Friday 5:30 am – 9:30 pm

Saturday 7:00 am – 7:00 pm

Sunday 10:00 am – 7:00 pm (Front Desk open until 8:30 pm)

Registration may be made in-person, by mail or phone.

### Registration

- Registration may be made in person, by mail, or by phone.
- Checks should be made payable to the City of Webster Groves and mailed to #33 E. Glendale, Webster Groves, MO 63119. (For a return receipt, please enclose a self-addressed stamped envelope.)
- Registrations by phone are accepted with MasterCard or Visa.
- Registration is not complete until the fee is paid.
- Registration deadline is three working days prior to the start of the program unless otherwise indicated.
- Participants will not be contacted unless a program is canceled.

### Refunds

- No refunds after the second class meeting of any program unless an individual participant experiences a medical problem which prohibits participation.
- \$5 service charge for refund issued to due participant cancellation. (Medical – pro-rated less the service charge.)
- Exceptions to the refund policy may exist.
- The Recreation Department reserves the right to cancel a program - participants will be notified and full refunds issued.

Program information for the current month is available below or at

[www.webstergroves.org/brochure](http://www.webstergroves.org/brochure) (PDF).

## August 2010 Programs

### SPECIAL PROGRAMS

#### SPLASHDANCE

70's, 80's, 90's and contemporary music. Crazy dance off the diving boards and dance contest. Prizes for winners and attendance prizes galore!

**Aug. 13**

Friday, 8:00 - 10:00 pm

#### YOGA

Strengthen and lengthen to release tight muscles and eliminate accumulated physical, emotional and chemical stress.

*Ages 15 & older*

**Aug. 3 – Sept. 9**

Beginning: Thursdays, 7:00 – 8:00 pm

Intermediate: Tuesdays, 7:00 – 8:00 pm

### PILATES

Develops and strengthens the deep inner core stabilizing muscles of the lower back, hips and abdominal.

**Aug. 17 – Oct. 7**

Tuesdays and Thursdays, 9:00 - 9:45 am

OR Wednesdays, 6:00 -6:45 pm

### AIKIDO

Learn how to keep from getting punched, grabbed or taken down to the ground, how to roll and tumble.

*Ages 14 and older*

**Aug. 18 – Sept. 22**

Wednesdays, 7:30 - 9:30 pm

### KEEP ON MOVIN'

Cardio routine followed by strength training using light weights and flexibility exercises.

**Sept. 1 – Nov. 22**

Mondays and Wednesdays, 6:00 – 7:00 pm

### SPINNING

Indoor cycling to music and visualization.

*Ages 14 and older*

**Aug. 28 – Oct. 20 (excluding Sept. 6, make up Oct. 25)**

Saturdays, 7:30 – 8:30 am

Mondays OR Wednesdays, 6:00 – 7:00 pm

Tuesdays, 6:00 – 7:00 am

### BEGIN 2 SPIN

Spinning reduced in length and intensity to ease you into full-out Spinning as part of your fitness regimen.

*Ages 13 and older*

**Aug. 17 – Oct. 5**

Tuesdays, 4:30 – 5:15 pm

### KIDS 'N MOTION

Fitness and exercise through games and fun, developing gross motor skills such as balance, coordination, motor planning and sports skills.

Ages 2-6: Thursdays, 12:15 – 1:00 pm

Ages 6-12: Wednesdays, 4:00 – 4:45 pm

**Aug. 11 – Sept. 30**

### BALLET-SCULPT

Low-impact, ballet-based class that incorporates isometric movement to tone muscle, increase flexibility, improve posture and learn principles of dance conditioning.

*Ages 16 and older*

**Aug. 26 – Oct. 7**

Thursdays, 10:00 – 11:00 am

### BEGINNING FENCING

Stretching and fencing exercises, foot work, blade work, and practice bouts.

*Ages 12 and older*

**Aug. 17 – Oct. 5**

Tuesdays, 7:30 - 9:00 pm

### FENCING CLUB MEMBERSHIP

Basic group footwork, line drills and use of available club jackets, masks, dry foils and practice bouts. Competitive adds electric weapons and (2) private lessons.

Same dates as Beginning Fencing

Tuesdays, 6:00 - 9:00 pm

### THE BASICS OF STAYING HOME ALONE

Topics covered include: entering and leaving the house, getting safely to and from school, what to do while home alone, safe snacks, storm and emergency preparedness, internet safety, and simple first aid.

*Ages 9-11*

**Aug. 14**

Saturday, 9:00 -11:00 am

### ABRA-KID-ABRA MAGIC CAMP: MAKE THINGS APPEAR AND DISAPPEAR!

Learn magic tricks, comedy magic skits, balloon twisting, magic puzzles, and lots more!

*Ages 6-12*

**Aug. 9 - 13**

Monday - Friday, 12:30 - 3:30 pm

### SOCCER/BASKETBALL CAMP

Instruction in soccer skills (shooting, passing, containment, foot skills, heading, trapping, and daily scrimmaging) and basketball techniques (shooting, passing, dribbling, rebounding and defense).

*Ages 6-16*

**Aug. 9 - 13**

Monday - Friday, 10:00 am - 3:00 pm

### PERFORMING ARTS CAMP

Creative dramatics, scripting, beginning improvisation, set design and construction using various arts and crafts media.

*Ages 6-8, 9-12*

**Aug. 9 - 13**

Monday - Friday, 9:00 am - Noon

### MUSICAL THEATRE

Experience a mock casting call, pump up your dance, drama and music skills to your favorite musical soundtracks like High School Musical and Hairspray.

*Ages 5-12*

**Aug. 9 - 13**

Monday - Friday, 9:00 am – 3:00 pm

### PETITE POMS

Sing-along songs, spirit games, simple pom-pom routines, and cheers comprise this action-packed clinic.

*Ages 3-5*

**Aug. 9 – 13**

Monday - Friday, 10:30 – 11:30 am

### BABIES ON BOARD

Learn the basics of infant car seat safety and how to safely transport your new baby.

*Ages 16 and older*

**Aug. 28**

Saturday, 9:00 – 11:00 am

### PRIVATE SWIM LESSONS

Fast track your child's learning experience with private instruction from lifeguard certified instructors. Register at the Recreation Complex.  
Fee: Res/Non-Res \$30 per half hour; 3 session for \$75

### TENNIS LESSONS

Youth: *Ages 7-16*

Beginner and Advanced Beginner

Monday - Thursday, 11:00 am - Noon

Adults: *Ages 17 and older*

Beginner and Intermediate

Session V: Aug. 3 - 26

Tuesdays and Thursdays, 6:30 - 7:30 pm

### SKATING

#### LEARN TO SKATE

All ages and abilities

Contact Debbie at 963-5621 for further information.

#### FIGURE SKATING

Freestyle 1, 2-3, 4, or 5+

#### MOVES IN THE FIELD

Class A: Pre-Preliminary - Preliminary; Class B: Pre-Juvenile - Juvenile

#### POWER SKATING FOR HOCKEY

#### STICKHANDLING

Monday evenings

Call 314-963-5621 for more information.

#### STICK 'N' PUCK

Ages 16 and older

Tuesdays and Thursdays, 11:30 a.m. - 1:00 p.m.

### HOCKEY CAMPS

#### BRUCE RACINE GOALTENDING CAMP

August 2 – 6

Contact Bruce Racine at [Racine@www.racinegoalieacademy.com](mailto:Racine@www.racinegoalieacademy.com)

### ONGOING PROGRAMS

#### FITNESS COACHING/PERSONAL TRAINING

Personal fitness and wellness training is now available at the Fitness Center. Check out EveryBride Fit, Golf Fitness, EveryMom Fit Boot Camp, EveryBody Loses weight loss program, Athletic Conditioning, and Group Personal Training. E-mail Head Personal Trainer Dave Reddy at [reddyd@webstergroves.org](mailto:reddyd@webstergroves.org), visit [www.wgpersonaltraining.org](http://www.wgpersonaltraining.org), or call 314-963-5624 for information.

#### SPINNING

Music and visualization to biking.

*Ages 14-Adult*

Saturdays, 7:30 – 8:30 a.m.

Mondays OR Wednesdays, 6:00 – 7:00 p.m.

Tuesdays OR Thursdays, 6:00 – 7:00 a.m.

### HOCKEY ADULT HOCKEY SCRIMMAGE

*Ages 16 and older*

Through June

Tuesdays, Wednesdays and Thursdays, 11:30 a.m. - 1:00 p.m.

### LUNCH AND BINGO

First Thursday of each month

Thursday, 11:30 a.m. – 1:30 p.m.

Call 963-5600 one week in advance to make reservations

### BASIC TRAINING

Fitness class modeled on the military's boot camp

Monday through Thursday, 6:00 – 7:00 a.m. OR 5:00 – 6:00 p.m.

### MASTER MOVES

Resistance/Weight exercise

**Ages 40+**

Mondays, Wednesdays and Fridays, 9:00 – 10:00 a.m.

### KEEP ON MOVIN'

Low-impact cardio routine for mature adults, followed by strength training using light weights and flexibility exercises.

Mondays and Wednesdays, 6:00 - 7:00 p.m.

### TAE-KWON-DO

**Ages 5-Adult**

Tuesday & Thursdays, 6:00 - 7:00 p.m.

### VOLKSWALK

Webster Groves Rec Complex is the start-point for a leisurely walk with check points through scenic and historic areas. Sponsored by Missouri Marching Mules.

### CO-ED RECREATIONAL DROP-IN VOLLEYBALL

**Ages 17+**

Sundays, 6:30 – 9:00 p.m.

### KENNELWOOD VILLAGE DOG OBEDIENCE

Visit [www.kennelwood.com](http://www.kennelwood.com) or call 446-1025.

Puppy and beginner classes

Saturday mornings

### COMING IN SEPTEMBER...

- Pool Patron Appreciation Day
- Cool Canines
- Keep on Movin'
- Hockey Adult Scrimmage
- Zumba
- Yoga Plus
- Tai Chi Chuan
- Basic Training
- EveryBrideFIT and EveryBodyFIT Boot Camp
- EveryBody Loses Weight Loss Competition

- Juggling
- Belly Dance Fitness
- Intro to Chess: Exercise Your Mind
- Kindermusic – Family Time
- Creative Movement Dance Class
- The Basics of Staying Home Alone
- HeartSaver CPR and AED Training
- Babies on Board
- Growing Up Wild
- Kick Start Soccer
- NFL-Pepsi Punt, Pass & Kick
- Flag Football
- Retirement Planning Today
- Schlafly Bottleworks Trip